**Gluteal Muscles**

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| **Gluteus Maximus** | **Origin**  Ilium, dorsal sacrum, coccyx and sacrotuberous ligament  **Insertion**  Iliotibial band and Gluteal tuberosity | **Innervation**  Inferior Gluteal n. (L5, S1, S2)  **Blood Supply**  Superior and inferior gluteal arteries | **Actions**  -Extends hip  -Laterally rotates hip  -Abducts hip  -Adducts hip (most inferior fibers) |
| **Gluteus Medius** | **Origin**  Ilium  **Insertion**  Greater trochanter | **Innervation**  Superior gluteal n. (L5, S1)  **Blood Supply**  Superior gluteal artery | **Actions**  -Abducts hip in an *open chain*  -Stabilizes pelvis in a *closed chain*  -Flexion of hip  -Medial rotation of hip  -Extension of hip  -Lateral rotation of hip  \*\*Trendelenburg Gait  -indicative of a weak gluteus medius |
| **Gluteus Minimus** | **Origin**  Ilium  **Insertion**  Anterior border of greater trochanter | **Innervation**  Superior gluteal n. (L5, S1)  **Blood Supply**  Superior gluteal artery | **Actions**  -Abducts the hip  -Medially rotates the hip  -(Flexes the hip) |

**Lateral Rotators of the Hip**

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| **Piriformis** | **Origin**  Anterior surface of sacrum, sacrotuberous ligament  **Insertion**  Superior border of the greater trochanter | **Innervation**  Nerve to the piriformis (ventral rami S1, S2)  **Blood Supply**  Sup. and Inf. gluteal arteries, lateral sacral arteries | **Actions**  -Laterally rotates the hip  -Extends the hip  -Abducts the hip *when hip is flexed*  \*\*Landmark for neurovascular structures |
| **Superior Gemellus** | **Origin**  Ischial spine  **Insertion**  Medial surface of greater trochanter | **Innervation**  Nerve to Obturator Internus (L5, S1)  **Blood Supply**  Inferior gluteal artery | **Actions**  -Laterally rotate the hip  -Abduct the hip *when the hip is flexed* |
| **Inferior Gemellus** | **Origin**  Ischial tuberosity  **Insertion**  Medial surface of greater trochanter | **Innervation**  Nerve to Quadratus Femoris (L5, S1)  **Blood Supply**  Inferior gluteal artery | **Actions**  -Laterally rotate the hip  -Abduct the hip *when the hip is flexed* |
| **Obturator Internus** | **Origin**  Obturator membrane and ischium  **Insertion**  Medial surface of greater trochanter | **Innervation**  Nerve to Obturator Internus (L5, S1)  **Blood Supply**  Superior gluteal artery | **Actions**  -Laterally rotates the hip  -Abducts the hip *when the hip is flexed* |
| **Quadratus Femoris** | **Origin**  Lateral border of ischial tuberosity  **Insertion**  Intertrochanteric crest | **Innervation**  Nerve to Quadratus Femoris (L5, S1)  **Blood Supply**  Inferior gluteal artery | **Actions**  -Laterally rotates the hip |
| **Obturator Externus** | **Origin**  Rami of pubis and ischium, external surface of obturator membrane  **Insertion**  Trochanteric fossa | **Innervation**  Obturator n. (L3, L4)  **Blood Supply**  Obturator a. | **Actions**  -Laterally rotates the hip  -(Adducts the hip) |

**Posterior Thigh Muscles**

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| **Biceps Femoris (Long)** | **Origin**  Ischial tuberosity and distal sacrotuberous ligament  **Insertion**  Head of fibula | **Innervation**  Tibial division of Sciatic n. (L5-S2)  **Blood Supply**  Inferior gluteal a.  Perforating arteries  Popliteal a. | **Actions**  -Flex the knee  -Extends the hip  -Knee external rotation |
| **Biceps Femoris (Short)** | **Origin**  Lateral portion of linea aspera  **Insertion**  Head of fibula | **Innervation**  Common Fibular division of Sciatic n. (L5-S2)  **Blood Supply**  Inferior gluteal a.  Perforating arteries  Popliteal a. | **Actions**  -Flex the knee  -Knee external rotation |
| **Semitendinosus** | **Origin**  Ischial tuberosity  **Insertion**  Medial tibia | **Innervation**  Tibial division of Sciatic n. (L5-S2)  **Blood Supply**  Inferior gluteal a.  Perforating arteries | **Actions**  -Extends the hip  -Flex the knee  -Knee interal rotation |
| **Semimembranosus** | **Origin**  Ischial tuberosity  **Insertion**  Post. med. condyle of tibia and posterior capsule | **Innervation**  Tibial division of Sciatic n. (L5-S2)  **Blood Supply**  Profunda femoris a. | **Actions**  -Extends the hip  -Flex the knee  \*\*Some fibers loop back to form *Oblique Popliteal Ligament* |
| **Adductor Magnus** | **Origin**  Inferior public ramus, ischial ramus, ischial tuberosity  **Insertion**  Medial epicondyle of the femur | **Innervation**  Tibial division of Sciatic n. (L4)  **Blood Supply**  Obturator a. | **Actions**  -Adducts the hip  -Extends the hip |
| **Popliteus** | **Origin**  Lateral condyle of the femur  **Insertion**  Posteriomedial tibia | **Innervation**  Tibial n. (L4-S1)  **Blood Supply**  Popliteal a. | **Actions**  -Stabilizer of knee during *internal knee rotation*  -Flex the knee |

**Anterior Thigh Muscles**

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| **Tensor Fascia Latae** | **Origin**  Iliac crest and ASIS  **Insertion**  Iliotibial Band | **Innervation**  Superior gluteal n. (L4-S1)  **Blood Supply**  Lateral circumflex femoral a.  Superior gluteal a. | **Actions**  -Flex the hip  -Abduct the hip  -Medially rotate the hip  -Stabilize knee in extension |
| **Sartorius** | **Origin**  ASIS  **Insertion**  Medial tibia | **Innervation**  Femoral n. (L2,L3)  **Blood Supply**  Femoral a. | **Actions**  -Flex the hip  -Abduct the hip  -Laterally rotate the hip  -Flex the knee |
| **Iliopsoas** | **Origin**  Psoas: IV discs of T12-L5  And TVP  Iliacus: Iliac crest, iliac fossa, ala of sacrum, SI ligament  **Insertion**  Lessor trochanter | **Innervation**  Anterior rami of L1-L3  **Blood Supply**  Medial femoral circumflex a.  Iliolumbar a. | **Actions**  -Flex the hip  -(Laterally rotates the hip) |
| **Rectus Femoris**  *(Quadriceps Femoris)* | **Origin**  Two heads: AIIS and superior rim of acetabulum  **Insertion**  Tibial tuberosity | **Innervation**  Femoral n. (L2-L4)  **Blood Supply**  Lateral femoral circumflex a. | **Actions**  -Extend the knee  -Flex the hip |
| **Vastus Lateralis**  *(Quadriceps Femoris)* | **Origin**  Greater trochanter and lateral lip of linea aspera  **Insertion**  Tibial tuberosity | **Innervation**  Femoral n. (L2-L4)  **Blood Supply**  Femoral a. | **Actions**  -Extend the knee |
| **Vastus Intermedius**  *(Quadriceps Femoris)* | **Origin**  Ant. and Lat. femur  **Insertion**  Tibial tuberosity | **Innervation**  Femoral n. (L2-L4)  **Blood Supply**  Femoral a. | **Actions**  -Extend the knee |
| **Vastus Medialis**  *(Quadriceps Femoris)* | **Origin**  Intertrochanteric line and medial lip of linea aspera  **Insertion**  Tibial tuberosity | **Innervation**  Femoral n. (L2-L4)  **Blood Supply**  Femoral a. | **Actions**  -Extend the knee |

**Medial Thigh Muscles**

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| **Pectineus** | **Origin**  Superior ramus of pubis  **Insertion**  Inferior to lesser trochanter | **Innervation**  Femoral n.  (Obturator n. {L2-L4})  **Blood Supply**  Profunda femoral a.  Medial femoral circumflex a. | **Actions**  -Flex the hip  -Adducts the hip |
| **Adductor Longus** | **Origin**  Pubis, inferior to pubic crest  **Insertion**  Linea aspera (mid 1/3) | **Innervation**  Obturator n. (L2-L4)  **Blood Supply**  Profunda femoral a.  Medial femoral circumflex a. | **Actions**  -Adducts hip  -(Extends the hip)  -(Flexes the hip)  -(Rotates the hip) |
| **Adductor Brevis** | **Origin**  Pubis, body and inf. ramus  **Insertion**  Prox. linea aspera | **Innervation**  Obturator n. (L2-L4)  **Blood Supply**  Profunda femoral a.  Medial femoral circumflex a. | **Actions**  -Adducts the hip  -(Flex the hip)  -(Rotates the hip) |
| **Gracilis** | **Origin**  Body and inf. ramus of pubis  **Insertion**  Superior med. tibia | **Innervation**  Obturator n. (L2-L3)  **Blood Supply**  Profunda femoral a.  Medial femoral circumflex a. | **Actions**  -Adducts the hip  -Flexes the hip  -Medially rotates the hip |
| **\*\*Obturator Externus** and **Adductor Magnus** are included in the above sections, but are still located in the medial thigh region |  |  |  |